

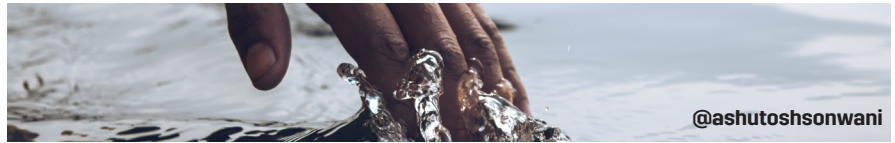
Taking Care: Tactile Connection

Staying Busy:

Ideas that use your sense of touch!

- ◇ Arts and crafts
 - Pudding paint
 - Make slime/goop/play dough
 - Sock puppets/shadow puppets/paper bag puppets
 - Paper plate masks or animals
 - [Learn to crochet](#)
- ◇ Bathtub play
 - Toy car wash
 - Plastic animal bath day
 - Glow in the dark bath with glow sticks and fun music
 - Add shaving cream, finger paints or bubbles to the tub
- ◇ Cardboard box play
 - Drive-in movie: Make a box car and popcorn, sit in the cars and watch a movie as a family
 - Obstacle course: pillows, furniture, boxes
- ◇ Music
 - Make homemade instruments using empty plastic bottles and rice/beans
 - Have a family parade
 - Dance party
- ◇ Other activities
 - Fort building
 - Scavenger hunt
 - Spa day
 - [Yogalates](#)
 - [Learn ASL](#)
 - [Start a garden](#)

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The Coronavirus Outbreak Keeps Humans from Touching. Here's Why That's So Stressful

With people around the world practicing social distancing and self-isolation to curb the further spread of coronavirus, some are starting to feel the effects of a lack of human touch. Whether it's shaking a coworker's hand or hugging a friend, most people are accustomed to some level of platonic physical touch on a daily basis. But for those who are quarantining alone or with people with whom they don't have physical contact, loneliness and social isolation are growing health concerns. [Read More Here »](#)

Activity - Take a walk in a labyrinth with your shoes off.

Locate one close to you:

<https://labyrinthlocator.com/locate-a-labyrinth>



Build a sandbox!

Build a small sandbox to play in and put under your feet at your desk OR build a bigger one for the whole family to enjoy. Lowe's has a step-by-step guide to get your started. Get creative!

[Learn More Here »](#)



[30 Drawing Tricks You'll Want to Try Right Away](#)

100 things to do while stuck inside due to a pandemic

- ◇ Complete a puzzle
- ◇ Journal
- ◇ Learn an instrument
- ◇ Learn calligraphy

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